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## True colors personality test blue traits

Healthline's experts created it for Greatist. Read more Is he a little self-centered? If you've ever jumped into the rabbit hole of personality assessments - or even just taken a basic psychology course at university - you've probably come across the Big Five personality model. Officially a five-part model, the Big Five can be used to learn a little more about how your personality stacks against other people - and whether you might be more susceptible to certain tendencies or behaviors. Share PinterestIllustration by Wenzdaitl is not a crystal ball, and the results are less accurate for everyone, but psychologists and sociologists still attach great importance to this pattern when studying human behavior. Interested in how the Big Five can help you understand yourself (and others)? Here's a closer look at how the whole thing works and what the test might mean to you. The five-factor personality model — often referred to as the Big Five — is a psychological model designed to capture the great differences in human personalities into five key traits. Features are measured by questionnaires that ask how much you agree or disagree with certain statements, such as whether you consider yourself curious about different things or want to keep things in order. A psychologist can give you a questionnaire, but you can also take one for yourself online. The test will evaluate your response to determine how high your score will be for each of the five personality traits. What makes the Big Five different from the random personality quiz you found on Buzzfeed? They are based on statistical studies of personality question answers, not just one psychologist's theory. They have been shown to predict how a person can behave in a situation, and psychologists rely on them even for diagnostic procedures for personality disorders. What are the features really? I'm glad you asked.1. Openness to experienceThen basically means how open you are to new things. People who are more open to experiencing tend to be more imaginative and creative. After all, exposure to different ideas can give you more light bulb moments of your own.2. Highlighting conscientiousness by increasing conscientiousness means you are more self-disciplined, goal-oriented and organized. Basically, you come up with a plan to get something done and stick to it.3. Extra versions People who are more extraverted tend to be more confident and sociable, while less extraverts are quieter and more reserved. If you're a very extrovert, you probably have a broad social circle. If you're less extraverted, you might focus your energies on a few close friends.4. Pleasant It's another way to say ease. People who score high tend to be more tolerant and cooperative, and are usually seen as compassionate and reliable.5. Neuroticism It is a key measure of how anxious, self-conscious and pessimistic a person is. People who are neurotic tend to suffer more from negative situations because they are less emotionally resilient. The big five have a long history. Starting in the 1930s, researchers began studying English words, which are often used to describe certain personality traits. Based on the statistics, they found that certain characteristics were linguistically related. By the 1960s, these typical clusters had been arranged in five comprehensive features and were called the Big Five in 1981.Fast forward to 2020. The Big Five still play an important role in psychology, but nowadays not all experts agree that they are everything to understand your personality or predict how you will act in certain situations. And they may not be as universal as previously thought. If you did the Big Five test today, your score would probably be similar to if you did a Test in 5 years or 20 years. In addition, similar traits tend to occur together between different people, over and over again. The test is very stable, says Pascal Wallisch, PhD, clinical assistant professor of psychology at New York University. Many experts say it is because the Big Five ultimately reflects human biology and how our bodies respond to stress substances in the environment. In addition, extensive studies have revealed genetic links between certain traits - and that taking certain genes increases the risk of certain personality disorders. But there's more to it than that. There is no doubt that culture and identity determine how people respond to certain traits, such as pleasant or open-mindedness, Wallisch says. Studies of identical twins with very similar genes suggest that the environment can strongly affect an individual's personality — and therefore how they could score in the Big Five test. It is also a fact that the Big Five traits were born only from studying English words. The concept of 'universal' may not apply to all cultures and countries, says Michael Ceely, LMFT, a licensed psychotherapist based in the San Francisco Bay area. Example: A review of tests in the local languages of 23 middle- and low-income countries showed that the Big Five didn't always do a great job measuring personality traits. Even among English-speaking people, there is some debate about whether test results are always reliable. Most online tests ask you to enter your gender before starting, and one supplier found that her was classified differently when she entered her gender as a woman compared to when she came to it as a man. Personality assessments are a fun way to snap for a few minutes. But in addition to what information you get from the Big Five test — — How much can you trust the results? Major studies have found that the Big Five model lasts in more than 50 countries around the world. And experts agree that it can do a good job of describing an individual's personality. It's our most reliable personality test. Much more reliable and consistent over time than the Meyers-Briggs type indicator, Wallisch says. The problem is qualifications. In other words, does it predict actual behavior? Experts aren't sure. A person who scores high on things like neuroticism is more prone to anxiety, depression and even schizophrenia. But that doesn't mean you certainly have that kind of disorder, and that doesn't necessarily even mean you're a neurotic person. All personality tests show tendencies, not absolute ones, ceely says. If the test shows that neuroticism was higher than normal, your responses suggest a tendency towards more negative reactions to stressful events. The lesson here could simply be to work on optimism. Moreover, five traits may not be enough to describe the whole of who you are - even if they are very extensive. Wallisch points out. Also, remember that biases in your own responses can affect your results. People who are self-conscious and honest with themselves are much more likely to get an accurate profile, Wallisch says. But in my research, few people are willing to admit that they are 'unusual' or 'inconvenient', even if they are. The result of test questions can also have an impact. Because there are large differences in the cultural use and meaning of words, one person's interpretation of the test question may differ from someone else's, says Ceely.For example, because the test was developed by English-speaking people in Western culture, someone growing up in the United States is more likely to get an accurate result than someone who has grown up in an Asian country, for example. The Big Five test can tell you whether, one way or another, you rely on a number of great personality traits. But it doesn't tell you everything about who you are and it doesn't necessarily mean you're reacting a certain way in a particular situation. It's a big mistake to let the Big Five define who you are, Ceely says. Just you have to do it. Picture: Jessie Casson /DigitalVision/Getty Images What is color? Our retinas essentially detect color based on the quality and quantity of light reflected from any surface. It's science, but most of us take color for granted in the world around us. However, the colors affect our mood. Colors not only trigger psychological reactions in humans, but can also be used to describe certain people. The color that represents your personality is not always the one that is your favorite or which you use most often, but in some cases the color excites Most. Different people perceive colors differently - not only tone or tone, but also interpretation. Nevertheless, each color has its own characteristics, with which most of us agree. For example, red represents passion, orange represents sociability, yellow represents hilarity, and green represents growth. Want to find out which of the rainbow colors best reflects your personality? If your answer is yes, you just need to answer the questions in this quiz. When you're done, we'll tell you which color best represents you, and we'll also tell you the reasons why. PERSONALITY What is your color persona? 5 minute quiz 5 min PERSONALITY What is the true color of your soul? 5 minute quiz 5 min PERSONALITY What color represents your heart? 5 minute quiz 5 min PERSONALITY Do you know your color code persona? 5 minute quiz 5 min PERSONALITY What color is your name? 5 minute quiz 5 min PERSONALITY Personality quiz 5 minute quiz 5 min PERSONALITY What color represents you? 5 minute quiz 5 min PERSONALITY Do you have an attractive personality? 5 minute quiz 5 min PERSONALITY What color eye shadow matches your personality? 5 minute quiz 5 min PERSONALITY What kind of personality type are you? 6 minute quiz 6 Min How much do you know about dinosaurs? What is octane classification? How do I use a real lift? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website provides reliable and easy-to-understand explanations of how the world works. 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